

Increasing Access to Water in Schools



Ellie Hammond, age 7
Henniker Community School



Overweight/Obesity in New Hampshire

Third Graders (2014)

- 15% overweight
- 13% obese
- **Total: 28%**

Adults (2017)

- 37% overweight
- 28% obese
- **Total: 65%**

High School Students (2017)

- 14.1 % overweight
- 12.8 % obese
- **Total: 27%**

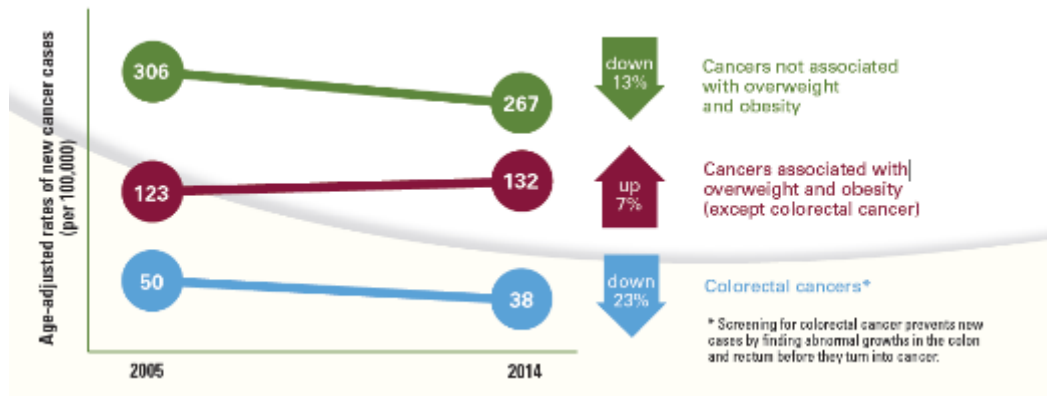
Health Outcomes of Concern Related to weight

- All-causes of death (mortality)
- High blood pressure (Hypertension)
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Sleep apnea and breathing problems
- Some cancers
- Low quality of life
- Mental illness such as clinical depression, anxiety, and other mental disorders
- Body pain and difficulty with physical functioning

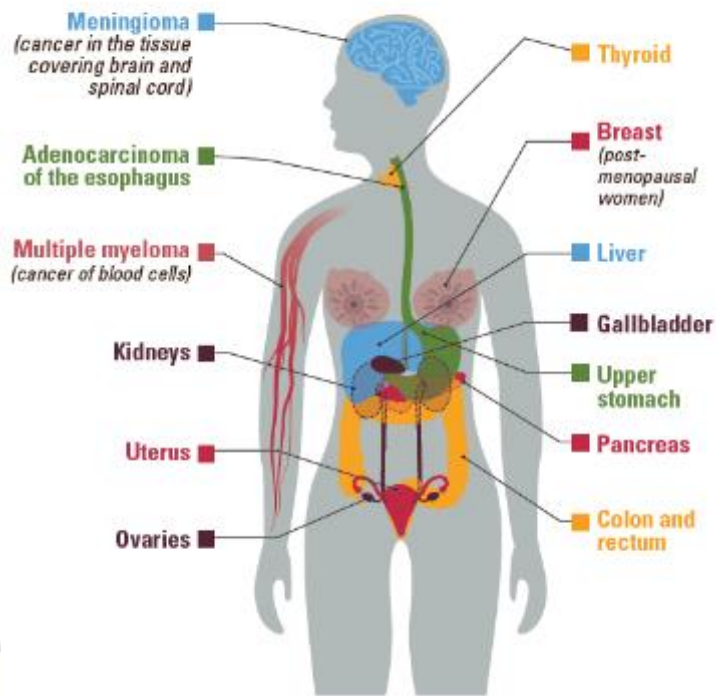
<https://www.cdc.gov/healthyweight/effects/index.html>

Cancer

- 13 cancers are associated with overweight and obesity (these cancers account for about 40% of all diagnosed cancers in the United States)
- Between 2005 and 2014, most cancers associated with overweight and obesity increased, while others decreased

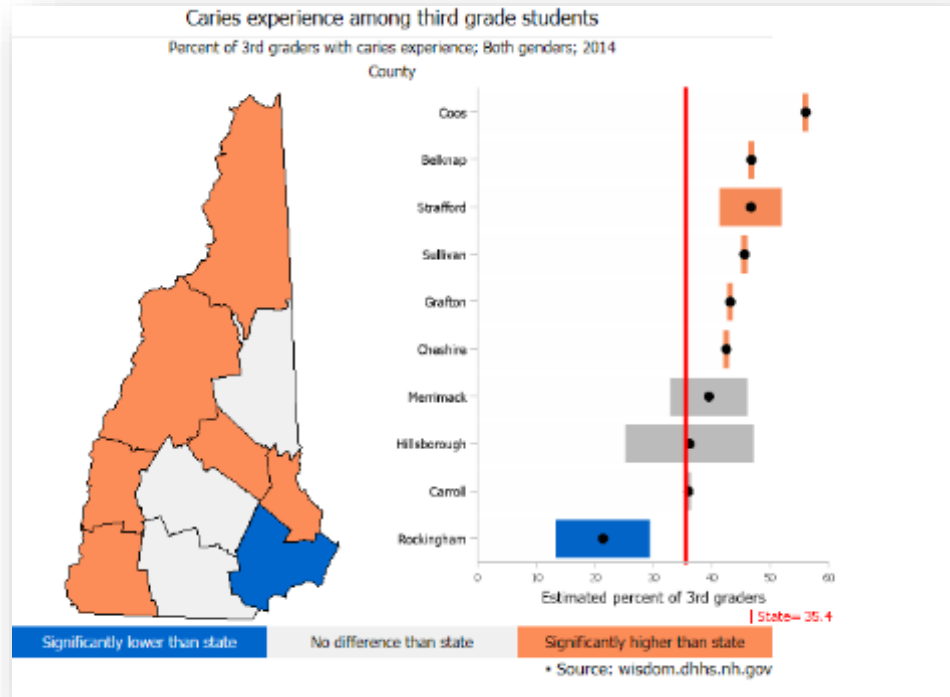


13 cancers are associated with overweight and obesity



Sugary Beverages and Oral Health

More than 1/3 of NH 3rd graders have experienced tooth decay



Added benefit of increased water consumption in fluoridated communities



Healthy, Hunger-Free Kids Act Requirements



Schools that participate in the USDA school meal programs are required to provide students with potable drinking water that is

- ✓ free of charge
- ✓ during meal times
 - ✓ where lunch meals and afterschool snacks are served
 - ✓ when breakfast is served in the cafeteria

Water and Health

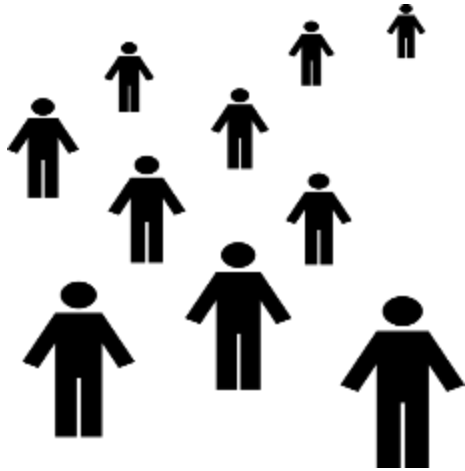
- Provides healthy alternative to sugar sweetened beverages
- Helps children maintain a healthy weight status
- Improves cognitive function
- Helps prevent dental cavities



Sugary Drink Tax Cost-Effectiveness Model

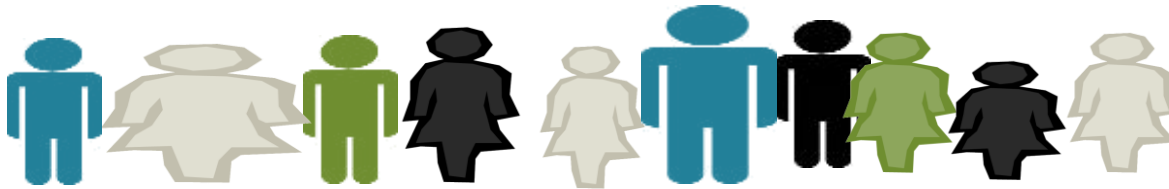


Population - CHOICES Model



Virtual population = 1 million people

- Tax is an excise tax and is paid by beverage distributors
- Tax includes all beverages that include added sugar except those that include 50% or more milk by volume
- 100% fruit juice is also exempt



Impact on Sugary Drink Consumption

Reduction in 12-oz Sugary Drinks Per Person

\$0.03 per ounce tax
(\$0.60 for a 20 oz soda)

-236
(4.5 per week)

\$0.02 per ounce tax
(\$0.40 for a 20 oz soda)

-158
(3 per week)

\$0.01 per ounce tax
(\$0.20 for a 20 oz soda)

-78.6
(1.5 per week)

Impact on Obesity 2015-2025

Cases of Obesity Prevented

\$0.03 per ounce

25,400

\$0.02 per ounce

17,400

\$0.01 per ounce

8,880

Health Care Savings 2015-2025

Total Health Care Cost Savings

\$0.03 per ounce

\$200 Million

\$0.02 per ounce

\$128 Million

\$0.01 per ounce

\$61.7 Million

Dental Savings 2015-2025

Cost Savings: Decayed, Missing, and Filled Teeth (DMFT) *

	\$0.02 per ounce	\$0.01 per ounce
Total Cost Savings	\$3.62 Million	\$1.3 Million
Medicaid Savings	\$695,000	\$225,000



Making the Healthier Choice Cheaper



Water Bottle Filling Station Grant

June 12-26, 2018

- Grades 6-12 eligible
- FRL rates of 50% or higher
- School Building Aid Rates of 40% or higher
- Cost of water in vending machines
- # of students
- Wellness Policy mentions water
- # of current filling stations



Schools Awarded Filling Stations:

Claremont Middle School

Colebrook Elementary School

Cornish Elementary School

Epping High School

Epping Middle School

Epsom Central School

Farmington High School

Gilmanton School

Henry Wilson Memorial School

Hillsboro Deering Middle School

Hopkinton Middle High School

Lafayette Regional School

Lin-Wood Middle/High School

Lisbon Regional School

Littleton High School

Daisy Bronson Middle School

Monroe Consolidated School

Pittsburgh School

Pittsfield Middle/High School

Profile School

Prospect Mountain High School

Somersworth High School

Somersworth Middle School

Spaulding High School

Stewartstown Community School

Vilas Middle School

Schools Awarded Filling Stations:

Students per station 6/26/18:

300

Students per station 10/1/19:

146



Filling Station Surveys

October 2018 Survey (n=20)

Issues with stations

- Long lines at stations (2)
- Students don't have water bottles (10)
- Installation not complete (1)
- Unit didn't fit (1)

March 2019 Survey (n=13)

Issues with stations

- Long lines at stations (2)
- Students don't have water bottles (10)
- Only one wing has a station (1)

Filling Station Surveys

Community members' use of schools:

● Elections/Voting	54%
● School Board Meetings	62%
● School Plays	77%
● School concerts	100%
● Back to school events	69%
● School Fundraisers	92%



Beaver Meadow School - Phantom of the Opera

Filling Station Surveys

Resource needs schools identified:

- Additional Stations 91%
- Water Bottles 91%
- Replacement Water Filters 82%
- Water Promotion Examples 55%

Reactions from School Staff

“The teachers are so excited and love that students have access to the filling station, since it was hard for students to fill water bottles at the bubblers.”

“Our school promoted the water filling station to the public by posting the number of water bottles saved. I live in the community and heard some positive chatter regarding our astounding numbers!”

“Kids love the bottle station as it is quick and cold. Our bubblers take a long time and are warm, students aren't as apt to drink the water.”

An Opportunity for Partnership

Promotion and Education

- Signage
- Curriculum enhancements
- Field trips



DES Filling station

Thank you!

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